



THE CONNECTION

NEWSLETTER

LINKING HEALTH AGENCIES AND COMMUNITY ORGANIZATIONS THAT WORK WITH MINORITIES IN UTAH

March 2008 Issue # 21

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UTAH PROVIDER LIST

In November 2007, the Utah Department of Health Center for Multicultural Health (CMH) initiated a project to compile a list of health care providers of underserved populations for the state of Utah. In collaboration with DPR Communications and BlueCross BlueShield, CMH was able to complete the project's initial stage this month. This project, known as the Utah Provider List, will be accessed through the Center for Multicultural Health's web site where it will be available to the public and services providers alike. CMH along with their collaborators believes this will improve access to health care by enabling individuals and agencies to obtain information about health care services provided from a single, reliable source.

The purpose of the project was to create and maintain a list of health and mental health care service providers who specifically target racial and ethnic minority, low income, and other underserved populations. CMH is aware that a lack of information creates a barrier between those who provide and those seeking health care services. Currently, there is no single comprehensive list of health care service providers who specifically target minority and underserved populations. Many organizations have referral lists of their own but are usually limited to a specific geographic area and limited in size, scope, and accuracy. As a result, it may be difficult for individuals and providers who serve these populations to identify and make use of valuable resources that are currently available.

The Utah Provider List contains the names, addresses, phone and fax numbers, web sites, along with a brief description of services provided for health and mental health care providers throughout the state. It is categorized by geographic region, listed by county, and organized by health care service type. It is comprised of public and private health care providers who make their services available to underserved populations through sliding fee scales, language services, extended hours, remote and mobile locations, and many other such services that accommodate the underserved.

CMH is committed to update the list annually and to add and revise the list continually, as updated information about services provided becomes available. CMH will utilize this project as an on going outreach and growing endeavor that will expand as the community of service providers grows in Utah. It is the goal of CMH to bridge the gap between those who provide services to the underserved and those who need them and thus facilitate meeting the health care needs of every citizen in Utah.

This list will be available soon in the CMH website.

Christine Espinel , CMH Intern



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Salt Lake County Aging Services is the division of county government responsible for providing programs and services to the more than 124,000 seniors living in Salt Lake County

SALT LAKE COUNTY AGING SERVICES: IS YOUR ORGANIZATION UTILIZING THIS COMMUNITY RESOURCE?

This month's Salt Lake County Aging Services program spotlight is on the Healthy Aging Program (HAP). The program provides older adults living in Salt Lake County with the tools and education they need to remain independent and healthy.

The HAP encourages older adults to take a "hands-on" approach to learning healthy behaviors that promote a productive, happy and higher quality of life. Chances are you've all heard the old adage "an ounce of prevention is worth a pound of cure." In a nutshell, that's what the HAP is all about – taking personal responsibility for our own health. Along with this comes a sense of self-empowerment that helps us realize that regardless of our age, we still have the ability to make choices to better ourselves and our lives.

The program helps the older adult population, age 60 or older, in several ways including, health screenings at Salt Lake County senior centers, English as a second language classes and one hour health education and promotion classes and workshops.

To find out more about the various classes, workshops and screenings that are available, contact Salt Lake County Aging Services' Healthy Aging Program at 468-2772.

Sample workshops include:

The Living Well with Chronic Conditions Program is designed to help older adults who have a chronic health condition or who have a relationship with someone living with a chronic condition. Topics will include dealing with difficult emotions, exercise and appropriate use of medications, effective communications skills, nutrition, and evaluating new treatments. The program runs for six weeks, once a week, for two and a half hours and will be taught by certified facilitators.

In the Healthy Eating Program Heart and bone-healthy nutrition strategies are emphasized through topics such as self assessment and management of dietary patterns, strategies for changing behavior patterns, and overall nutrition education. This program will run for six weeks, once a week, for two and a half hours.

The Health Literacy Program was created to help you learn more about how to communicate with your doctors, understand medical terms, use your medications properly, and understand more about your health insurance. This program will run for two weeks, once a week, for two hours.

A full listing of available workshops and classes can be found by logging on at www.slcoagingservices.org.

Information submitted by Ken Venables, SLCo Aging Services



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GRANT OPPORTUNITIES

UDOH/TOBACCO CONTROL AND PREVENTION MINIGRANTS

Tobacco is the leading preventable cause of death in the US, killing more than 1,100 Utah residents each year. The goal of this community grant program is to encourage community members and agencies to act on tobacco-related issues and give them opportunities to make meaningful changes in their communities.

Each applicant will be required to promote smoke-free venues utilizing the *Utah Secondhand Smoke Policy Implementation Guide* (Hereafter referred to as the SHS Guide). This guide explains how to change secondhand smoke policies in venues such as worksites, homes, multiple dwelling units (apartments/condominiums), outdoor venues, and health care settings. The SHS Guide is available online at <http://www.tobaccofreeutah.org/shsguide.html>.

Community based organizations may apply for \$5,000 to \$12,000 for **short-term** funding (August 2008 through March 2009). This is one-time, competitive funding. Funds will be dispersed in three installments over the funding period.

To obtain an electronic copy of the mini-grant application, **please email a request to Kate Patton, at kpatton@utah.gov**. Include your name, organization, and email address you would like the application sent to. It is suggested that applications be requested and reviewed before the conference call training on March 10th.

Those that would like to apply for mini-grant funding are **required** to attend a training that will explain the contents of the SHS Guide, as well as, the mini-grant application process. This will be held on **Monday, March 10, 2008 from 1:00-3:00pm, presented in conference call format**. Please RSVP for the training by **March 6, 2008 at 12:00 noon**, by emailing Kate Patton, Mini-grant Coordinator, at: kpatton@utah.gov or fax form on back to: 801-538-9303, Attn: Kate Patton

All applicants are **required to participate** in the training conference call on March 10th. If organizations do not attend, and still apply for funding, their final score will be affected.

USDA/FOOD AND NUTRITION SERVICE GRANT

The Food and Nutrition Service(FNS)is announcing the opportunity to submit Applications for the Food Stamp Program(FSP) Program Participation Grants(PPG) for fiscal year(FY) 2008. Subject to the availability of Fiscal Year 2008 funds, a total of \$5 million is available for FY 2008. Our intention is to award up to \$1 million of this money to a proposal that involves partnership between State agency and one or more private non-profit organizations

This year they will also award additional points to an applicant who provides a proposal that targets the elderly and/or Hispanic population for increased participation in the FSP. Proposals are due **May 15, 2008**

An electronic version of this Request for Applications is available www.fns.usdag

For more grant opportunities visit the previous issues of *The Connection*
<http://www.health.utah.gov/cmh/news.html#newsletters>

WE WOULD LIKE TO HEAR FROM YOU

Please submit: feedback, suggestions, ideas, news, events or articles to: ddiez@utah.gov



Salt Lake City, Utah 84114-2001
P.O. Box 142001
Phone: 1-888-222-2542
Fax: 801-538-6591
www.health.utah.gov/cmh

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ABOUT THE CMH

The Center for Multicultural Health (CMH) is the Utah office of minority health. It is part of the Utah Department of Health, Division of Community and Family Health Services.

Our mission is to promote accessible and high-quality programs and policies that help all racial and ethnic minorities in Utah achieve optimal health. We accomplish our mission by increasing public and health professional awareness of persistent race/ethnic disparities and by developing effective health policies and culturally competent programs that lead to better access and utilization of quality health care services in Utah.

www.health.utah.gov/cmh

MISCELLANEOUS

In celebration of our 25th Anniversary, SelectHealth is honored to give back to people and programs in our community.

The Select 25 campaign will award \$2,500 to 25 people or programs to further their mission and goals. SelectHealth is seeking nominations for those who make a difference, specifically those who encourage healthy behaviors or serve underprivileged population.

April 11, 2008, Application Deadline

More information www.selecthealth.org/select25

The 2nd Annual **Health Disparities Conference** titled, Improving Medical Effectiveness and Health Outcomes to Eliminate Health Disparities through Multidisciplinary Collaborations will convene April 10-12, 2008 at the Westin New Orleans at Canal Place (formerly the Wyndham). The program is sponsored by the Center for Minority Health & Health

Disparities Research and Education at Xavier University of Louisiana College of Pharmacy <http://www.xula.edu/pharmacy/index.htm>

The Sixth **National Conference on Quality Health Care for Culturally Diverse Populations!**

The conference will be held September 21-24, 2008 in Minneapolis, MN,

<http://www.diversityrxconference.org>

Adult Vision Coverage Changes Beginning March 1, 2008

Traditional Medicaid Clients: Beginning March 1, 2008, Medicaid **WILL** cover eyeglasses and frames for non-pregnant adults. (Adults who receive a purple Medicaid card). A \$3.00 co-payment will be required.

Non Traditional Medicaid Clients: There is **no** change to the vision program for Non-Traditional Medicaid Clients (adults who receive a blue Medicaid card). Medicaid will continue to cover one annual eye exam.

Note: **Medical treatment** for eye diseases continues to be a benefit for both Traditional and Non- Traditional clients.

For more information call Medicaid Information at 801-538-6155 or toll free 1-800-662-9651.

CENTRO DE LA FAMILIA

Free classes in Spanish for combined families (couples with son and daughters from previous relations)

More information: Margarita Pereira (801)521-4473 ext. 104

For more events visit our calendar

<http://my.calendars.net/multicultural>

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